



## 1

## NUTRITION

Fuel your transformation with foods that you enjoy.



## THE FIRST PILLAR

**Nutrition is 100% responsible for exercise-induced results.** If you don't eat, bad things happen. If you eat the wrong things, nothing happens. Think of it this way: If you're exercising, you're an athlete, and your body needs to be fueled properly during the other 23 hours a day to maximize results.\*



**Your customized 1st Pillar Plan will teach you:**

+ **CALORIES:** The exact amount required by your goal

+ **COMPOSITION:** Feel your best by choosing the right combinations

+ **TIMING:** Perform better and recover faster